



**INDEPENDENT LIFESTYLES, INC.**  
**A Center for Independent Living**  
 215 North Benton Drive, Sauk Rapids, MN 56379  
 320-529-9000 - [www.independentlifestyles.org](http://www.independentlifestyles.org)

September 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <b>ILICIL</b> <i>Offices Closed – Labor Day</i>	3	4 Advocates for Independence 2 – 4 pm	5	6 10:30 a.m. – Post Polio Support Group  Adaptive Tae Guk Kwon Do 3 – 4 pm  Adaptive Martial Arts 4 – 5 pm	7
8	9 It's-a-Strike Bowling 6 - 8 pm	10	11	12	13 Adaptive Tae Guk Kwon Do 3 – 4 pm  Adaptive Martial Arts 4 – 5 pm	14
15	16 Parkinson's Support Group 1 – 2:30 pm	17	18 Advocates for Independence 2 – 4 pm	19	20 Adaptive Tae Guk Kwon Do 3 – 4 pm  Adaptive Martial Arts 4 – 5 pm	21
22	23 It's-a-Strike Bowling 6 - 8 pm	24	25	26	27 Adaptive Tae Guk Kwon Do 3 – 4 pm  Adaptive Martial Arts 4 – 5 pm	28 Camp Bliss Guns & Goods Raffle & Steak Dinner – Sauk Rapids VFW @ 4:30 pm
29	30					

**\*\* Please Note: See Back Page For Group Details – Location & Cost \*\***

### **Adaptive Martial Arts**

5<sup>th</sup> degree black belt Master Scott Ridlon will teach the martial art principles, self-defense, and techniques to develop your personal power. For all abilities and all levels.

**Date/Time/Place:** Every Friday from 4:00 – 5:00 p.m. at Independent Lifestyles, Inc.

**Cost:** \$15.00 per month. *Your first month of classes is FREE!*

**Contact:** Master Scott Ridlon at (320) 267-7717

### **Adaptive Tae Guk Kwon Do**

5<sup>th</sup> degree black belt Master Scott Ridlon will teach you how to get a good workout within your physical ability using gentle guided movements. Wear loose fitting clothes and bring water. For all abilities and all levels.

**Date/Time/Place:** Every Friday from 3:00 – 4:00 p.m. at Independent Lifestyles, Inc.

**Cost:** \$20.00 per month. *Your first month of classes is FREE!*

**Contact:** Master Scott Ridlon at (320) 267-7717

### **Adult Coloring and Conversation – Discontinued**

*Effective June 1, 2019*, this activity has ended.

**Contact:** Michele at 320-281-2042 with questions.

### **Advocates for Independence**

Make a difference in your community for people with disabilities. Increase your leadership, assertiveness, and communication skills. Become a better advocate and have fun.

**Date/Time/Place:** 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month from 2:00 - 4:00 p.m. at Independent Lifestyles, Inc.

**Cost:** Free

**Contact:** Michele at (320) 281-2042

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### **4<sup>th</sup> Annual Camp Bliss Guns & Goods Raffle and Steak Dinner**

Join the fun and support our Veterans and all with disabilities. Proceeds will sponsor 100 Veterans to a healing getaway at Camp Bliss in Walker, MN.

**Date/Time/Place:** Saturday, September 28th at the Sauk Rapids VFW, 901 North Benton Drive, Sauk Rapids.

Steak Dinner 4:30 – 7:30 p.m. Gun Raffle starts at 7:30 p.m.

**Cost:** Steak Dinner tickets - \$13 Raffle Tickets - \$40

**Contact:** ILICIL at (320) 529-9000

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### **It's-a-Strike – Back to Southway Bowl for Fall/Winter**

Have a great night out bowling while developing your bowling skills and making friends.

**Date/Time/Place:** 6:00 – 8:00 p.m. (See calendar)

*Southway Bowl, 1222 33<sup>rd</sup> Street South, St. Cloud, Minnesota.*

**Cost:** \$27.00 fee due for all 4 sessions

(Includes 2 games of bowling and shoes).

Snacks available for additional cost.

**Contact:** John at (320) 529-9000 – leave a message for John

## Page 2 –September 2019 ILICIL Activities Calendar



### **Nordic Walking**

Enjoy a good walk at your pace. Nordic Walking poles provided.

**Date/Time/Place:** Every Thursday at 9 a.m. at Lake George granite fountains. For more dates and times, contact Linda.

**Cost:** Free

**Contact:** Linda Lemke at (952) 475-0891

### **Parkinson's Support Group**

Learn about Parkinson's disease and support one another. Open to people with Parkinson's, their caregivers, and individuals affected by or concerned about Parkinson's.

**Date/Time/Place:** 3<sup>rd</sup> Monday of month from 1:00 - 2:30 p.m. at Independent Lifestyles, Inc., except if Holiday.

**Cost:** Free

**Contact:** Pam Tritz-Okia at (320) 281-2031

### **Post-Polio Support Group**

Make new friends and learn about Post-Polio and support one another. September meeting will be a discussion panel for those who attend to discuss whatever you wish.

**Date/Time/Place:** 1<sup>st</sup> Friday of the month from 10:30 a.m. until Noon at Independent Lifestyles, Inc.

**Cost:** Free

**Contact:** Rosie Marx at (320) 203-7080

### **Social Activity – Discontinued**

*Effective July 1, 2019*, this activity has ended.

**Contact:** Marsha at (320) 281-2049 with questions.

**Note: In the event of severe weather, events will be cancelled. Please call ILICIL offices to confirm event date and time. All events are alcohol free.**

**Check Independent Lifestyles Facebook page or [www.independentlifestyles.org](http://www.independentlifestyles.org) for updates and cancellations.**

